FAMILY LIFE

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Vol. XVII, No. 5 MAY 1958 Edited by Paul Popenoe

AMERICAN FAMILIES

The word "family" is commonly used in referring to a group consisting exclusively of a married couple and their own children, living together. Actually, such families constitute less than three-tenths (28.6%) of those groups that the census bureau calls "household units." Couples whose children have left home, or who never had any; mothers and children with no husband/father present; families that include other relatives; there are many other forms of association, and any discussion of "the family" must make clear just what it is talking about. The whole subject is analyzed and presented in authoritative and convenient form in a new book by Paul C. Glick, chief of the social statistics branch of the U.S. Census Bureau. If data exist on any point in this whole area, the reader can confidently expect to find them in this volume.

It is generally known that the age of first marriage has been declining steadily for many decades, until the median bride is now 20, marrying a man just under 23 years of age. Earliest marriages are among those who drop out of high school; latest among college graduates. By every standard, the earlier marriages make an unfavorable showing, although the evidence is somewhat indirect. Thus the proportion of remarried women among those who first married below the age of 18 years is about three times as high as among those who first married between the ages of 22 and 24 years, and these remarriages are certainly due to divorce, not to death of the husband, in most instances. Most common ages of marriage, for women, are now 18 and 19. It appears likely that stability of marriages would be increased if most girls waited until the early 20's to wed; and the marriage of anyone under 18 might well be discouraged whenever possible.

Not all married couples are able, for financial or other reasons, to establish a home of their own immediately after the wedding. About one married couple in every five postpones setting up a separate home during the first year of marriage, and one couple in every eight delays this for three years.

Average number of children ever born, in a completed family, is now 2.35, the last one being born when the mother is 26 years old. This is a remarkable record for early child-bearing. The grandmothers of these women were, on the average, six years older when their last offspring appeared,—partly because they

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

married later, partly because they had more children.

About 10 per cent of all couples are permanently childless, whether by necessity or by choice.

Three wives out of every four must expect to be widows, their husbands dying before them. Yet age for age, there are fewer widows now than there were 50 years ago, in proportion to the rest of the population. This is partly because more husbands and wives survive to greater ages, partly because widows are more likely to remarry, and therefore cease to be enumerated as widows. For widowed persons who remarried during the early 1950's the average lapse of time was three and one-half years, while the average divorced person remarried (if at all)in two and one-half years.

Many data show the advantage of the educated over the uneducated person, in matrimony. This advantage is partly due to the fact that college graduates, for example, are a more highly selected lot in many ways, partly to the fact that they married later in life. It does not necessarily mean that the education given them provided any specific help to meet the problems of marriage! "Among women with broken marriages, the youngest at separation or divorce are those who left high school before graduation. These women are eight or nine years younger, at the time when their marriages are broken, than women college graduates who become separated or divorced. This is about twice the difference between the two groups with respect to age at first marriage."

Only about five percent of the women who marry enter their first marriages after they are 31 years old; only about 5% of the men after they are 34 years old. In both first marriages and remarriages, three-fourths of the husbands are older than their wives. Since questions on this point are asked so often, the figures for husbands in first marriages may be worth giving:

Husband older than wife by —	
10 years or more	6.1%
5 to 9 years	23.0
3 and 4 years	21.4
2 years	13.1
1 year	11.1
Husband and wife same age	10.7
Husband younger than wife by—	
1 and 2 years	8.9
3 years or more	5.8
	100%
Median years husband was older than wife	3.0.

In remarriages, frequency is greatest among non-whites. Only about 2% of white persons were marrying for the third or subsequent time, while 3% of non-white women, 6% of non-white men who remarried were taking a third or later spouse. About one-half of all persons marrying for a second time take partners who are also marrying for a second time.

Half of those obtaining a divorce (or an annulment) in 1953 did so during the first six years of marriage. Divorces were most likely to occur during the second or third year of marriage,—about one-fifth of all divorces occurred during this two-year period. About 55% of all couples obtaining a divorce report that they have no children.

Dr. Glick's survey will be invaluable to anyone concerned with "the facts in the case." It is a welcome addition to the reference shelf.

(AMERICAN FAMILIES, by Paul C. Glick. Pp. 240, price $6.50 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1957.)

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Notes From the AIFR

TENTH ANNUAL SUMMER WORKSHOP in the techniques of counseling will be held at the AIFR office August 5 through 17. This gives qualified persons a chance to have a refresher course, and to compare notes with the Institute's staff of more than 50 experienced counselors. It also gives actual experience of group counseling, and training in some of the most useful tests of personality. College professors and high school teachers find it a valuable source of material. Total fee for the workshop is $50. As space limitations prevent participation of more than 50 persons, early registration is necessary.

WORKSHOPS in family life education will be offered by Paul Popenoe and Roy E. Dickerson at Stout State College, Menomonie, Wis., during the week of June 17, and at Bridgewater College, Bridgewater, Va., during the week of July 29. Details about each of these may be had by addressing the director of the summer session at the college in question.

APPLIED EUGENICS, a textbook by Paul Popenoe and Roswell H. Johnson, has just gone out of print, according to an announcement by the publishers, the Macmillan Company of New York City. For nearly 40 years it was regarded as a standard authority in its field, and exercised a wide influence, particularly during earlier decades. First published in 1918, it was completely revised in 1933. The number of separate courses in eugenics, in colleges and universities, has decreased steadily as the subject has been absorbed into other courses such as social problems, family relations, and social psychology. There are perhaps not more than one-tenth as many such separate courses today as one could have counted 40 years ago. The book was translated into both Chinese and Japanese.

BEFORE YOU MARRY is a folder describing the pre-marital counseling service of the AIFR, and including a useful self-rating test to measure answers to the question, "Are you ready for marriage?" Copy will be sent free on request to the AIFR office which will also supply free copies in quantity to teachers, clergymen, organization executives, and others who may want to distribute it among young people who would profit by rating themselves on this scale.

OPINION SURVEY in Vancouver, British Columbia, reports wide agreement that a young couple should have their first child in the second year after marriage, should space children at least two years apart, and should have the last child before the mother's 35th birthday.

SOVIET UNION has seen a sharp rise in the number of abortions, since the government lifted its ban on the operation, says Minister of Health Maria D. Kovrigina, and many are being performed outside of hospitals because of the lack of proper facilities. She said Soviet medicine had been backward in providing birth control methods and called for an intensified campaign to spread contraceptive information as a means of reducing death and injury from abortions.

THE SIGNIFICANCE OF OBESITY

Since the overweight woman is less likely to be selected in marriage and more likely to be unhappy after marriage, study of the subject is of concern to all interested in family relations. Psychiatrist Hilde Bruch, in an important new book, declares that most of what is currently believed about it is untrue. It is merely a symptom, she declares, which can not and should not be removed until the underlying disturbances are corrected. "Mechanical reducing" by severe dieting is not only useless, since excess weight will invariably return if the underlying causes are still present; but such reducing is potentially dangerous and may precipitate acute emotional reaction, even severe mental illness.

Dr. Bruch's conclusions are naturally colored by her own practice, which is largely in psychoanalysis. Probably she sees a highly selected group of patients. She would be the first to admit that no two cases are alike; that a great number of individual peculiarities are involved; and that generalizations of all kinds are dangerous here. But she makes a strong argument in support of her view that weight reduction is merely the final step in a treatment program which should begin with the psychological problems, and that "only those overweight people who are emotionally well enough to carry it through should undertake a reducing regime."

Part of the difficulty certainly originates in infancy. When a child is unhappy, or unwell, the mother feels irritated, frustrated. "Her desire is to be a good mother, to satisfy her child. When she observes that food will relieve his tensions. she will be more than ready to offer it whenever he shows signs of distress . . . Parents who are insecure in relation to a child or who are preoccupied with difficulties in their own lives are apt to keep a child appeased by excessive feeding . . . It is a pattern that offers so much immediate gratification that the danger of its perpetuating itself is very great. The experience that eating may give relief from dissatisfactions and tensions of whatever origin will thus be built into the child's growing emotional and physiological organization."

The mother thus tends to depend too much on one method, i.e., feeding, of helping her child to find happiness, instead of promoting his growth and development through all sorts of other experiences; and the child settles for happiness at the same high price. There are innumerable other, physiological facts of which little or nothing is known, Dr. Bruch always insists, but she also insists that present "superficial" approaches to the problem are wrong. "Whatever the real relationship between overweight and life expectancy may turn out to be, there is no doubt about the damaging effects on mental health of the current campaign against overweight . . . Exposing fat people to contempt and moral pressures only aggravates their inner problems and conflicts . . . There is need for a wide-scale public re-education with exactly the opposite content to the current weight campaigns which hammer away at the symptoms and insult the basic dignity of the people whom they are supposed to help."

Dr. Bruch, educated in Germany, came to the United States nearly a quarter of a century ago and has been active in pediatrics and psychosomatic medicine. She is author of a previous book, *Don't be afraid of your child!* The present volume is easy reading and filled with interesting and provocative material. Even

those who consider her approach too one-sided will admit that this broad survey of an important field helps to put the whole subject in a new light.

(THE IMPORTANCE OF OVERWEIGHT, by Hilde Bruch. Pp. 438, price $5.95 from W. W. Norton & Co., 55 Fifth ave., New York 3, N.Y., 1957.)

Educational Notes

FOURTH ANNUAL West Coast Conference on Preparation for Parenthood will be held at USC, Los Angeles, Thursday, August 22, through Sunday, Aug. 25. The AIFR is one of the sponsors of this conference, which will be concerned mainly with "natural childbirth." Details of the program can be had from Dr. Mary Jane Hungerford, assistant director of the Department of Education of the AIFR.

ST. LOUIS Board of Education has authorized a special course in Personal and Family Living, to be given at Harris Teachers College summer session beginning June 17. Dr. B. Y. Glassberg will lead the course, which is designed to give teachers, nurses, physicians, or other persons associated with public education, the help that they need for their own work.

Inexpensive Pamphlets

THE MODERN MOTHER'S DILEMMA, by Sidonie Matsner Gruenberg and Hilda Sidney Krech. Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y., 1957.

MAKING THE MOST OF MATURITY, pp. 30, free on application to Health Education Service, John Hancock Mutual Life Insurance Co., Boston 17, Mass.—Discusses interests and activities suitable for the age of retirement.

WHAT DID I DO? by Nora Stirling. Pp. 40, price $1.25 from Human Relations Aids, 1790 Broadway, New York 19, N.Y., 1957.—Play written for the American Theatre Wing Community Plays, and discussing the question of how parents feel about their own influence on their children.

BABY SITTERS, pp. 40, price 25c from Publications Services, Natl. Board Y.W.C.A., 600 Lexington ave., New York 22, N.Y.—Basic training manual for classes but equally informative for parents and for the baby-sitters themselves.

Around the World

INTERNATIONAL UNION OF FAMILY ORGANIZATIONS will hold its 1957 meeting in Rome, Sept. 16-21. Theme: Fatherless Families. The AIFR is an active member of the Union.

BAVARIAN parliament adopted by a vote of 116 to 56 a law prohibiting and punishing concubinage and "free love" unions.

FIRST NATIONAL CONGRESS of large families in Spain was held under the sponsorship of the Catholic Parents Federation, with more than 3,000 participants who introduced more than 500 resolutions on various topics connected with the improvement of the position of large families.

SWITZERLAND now has 36 marriage counseling clinics, according to a recent survey by Dr. Roman Pretzel, marriage counselor of Tel-Aviv, Isrrael.

CONTROVERSY has been aroused by Melford E. Spiro's book, *Kibbutz, venture in Utopia* (Harvard University Press.) The author is an American anthropologist who, with his wife, lived in one of the agricultural settlements in Israel for a year. He concludes that the members of the kibbutzim feel, on the whole, that their lives have not been successful; that the enterprize is now politi-

cal rather than agricultural; and that women in particular are now trying to escape it. They want a stronger and more satisfactory family life.

Research Notes

STUDYING the families of 526 mongoloid children, Jacob Oster found little evidence of a hereditary factor. Maternal age seemed to be most important: the risk of having a mongoloid baby was 28 times as great for mothers aged 45-49 as for those aged 15 to 19. He believes that mothers (at average ages) who have had a mongoloid baby need not fear that their next baby will be mongoloid more than other women of the same age. (*Danish Medical Bulletin,* 1956.)

NATIONWIDE SURVEY of 1,925 girls aged 11 to 18 in the U.S.A. found that while most girls begin dating at 14, only 10% go steady at that time. The study (made by the Girl Scouts) showed that only 20% date under 14. Of the 14-16 year age group 70% date regularly, while 90% of those over 16 date regularly. Chief concern of the girls was "looks and popularity," although personality was rated higher than physical appearance in determining their standing with boys. Of the whole group, 94% said they wanted to marry but only 3% wanted to be "housewives." Conflict with parents was greatest in the ages 14 to 16, principal sources of such conflict being dating and driving.

IN A CANVASS of 90 junior high school students in Los Angeles, 42 declared their greatest problem to be "shyness, a feeling of inferiority, inadequacy in speaking before a class or group, inability to make social contacts and friends."

MARRIED PEOPLE, especially in earlier years, have a lower rate of mortality than any others. Thus among males aged 20-44, the death rate for the married is only about half that for the single, and an even smaller fraction of that for the widowed or divorced. This is not merely because, as is sometimes said, "married persons have more to live for," but also because they are likely to take better care of themselves, and because they represent a selected group in the first place. Almost every known cause of death is found to strike the married less frequently. It is no great surprise that the death rate from motor vehicle accidents at ages 20-44 is four times as high for widowers and divorced men as for married; but is unexpected that the death rate for tuberculosis among the single, widowed, and divorced averages more than four times the rate among the married. For cirrhosis of the liver prior to midlife the death rate among divorced men is nearly nine times that among the married — presumably many of these were alcoholics, divorced by their wives for that reason; and they hastened to drink themselves to death! Death rate from influenza and pneumonia at ages 20-74 among widowers is 2½ times that among husbands; the single and divorced are at an even greater disadvantage. Details are given in the *Statistical Bulletin* of the Metropolitan Life Insurance Company, Feb., 1957.

SCHOOL OF LIVING will hold its second annual congress on The Balanced Life, August 23-25 at Earlham College, Richmond, Indiana. Its first nation-wide congress was held in 1953. Particulars may be had from the secretary, Mrs. Mildred J. Loomis, Land's End Homestead, Brookville, Ohio. The School is a non-profit educational agency established at Suffern, N.Y., in 1934, in connection with the educational views of economist Ralph Borsodi. It covers an extremely wide range of interests.

NEW BOOKS IN BRIEF REVIEW

FOR HUSBANDS AND WIVES: a plan for happy marriage and family living, by Paul H. Landis. Pp. 260, (no index), price $3.95 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1956.

Realism is "the forgotten art" of successful marriage, says sociologist Landis in this straightforward, wholesome down-to-earth book that should help many thousands of married couples. He takes up all the main areas of difficulty between husband and wife and gives specific help in meeting them. He goes on to discuss parenthood and child training, the pattern of divorce and remarriage, and even looks ahead one generation to consider "better marriages for our children." Dr. Landis, author of half a dozen books and sponsor of innumerable researches in the area of family relations, is dean of the graduate school in the State College of Washington. This new volume can be picked up with confidence by anyone who wants help, or wishes to avoid occasions when help will be needed, in the home.

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PROBLEMS OF HUMAN ADJUSTMENT, by Lynde C. Steckle. Pp. 419, price $5 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1957.

"Know thyself" is an ancient precept which psychologist Steckle brings very effectively to fulfillment for modern readers. The first requirement for good adjustment, he insists, is self-understanding. Dr. Steckle taught psychology for many years; then went into the industrial field and found, in applying accepted principles in daily life, that he had to unlearn a good deal, change many of his own attitudes, and emphasize some points that had seemed unimportant in the classroom. The result is an unusually good book which can be recommended heartily to any intelligent reader, young or old. Following 170 pages of general and readable preparation, he discusses in detail the main problems of life, which he identifies as sex, marriage, vocation, religion, and old age. The discussion contains an immense amount of plain-spoken common sense which will undoubtedly shock some readers, especially "old-brain creatures" whom he has described earlier in the book, persons unwilling to use the new-brain which theoretically, at least, distinguishes them from some lower animals. Home, school and church face his mirror and may not like what they see—it is at least to be hoped that they won't like it, and will take steps to make some adjustments on their own account. Modern psychology itself comes in for some sharp criticism by the author, who is certainly in a position to speak as an insider. The final chapter on a realistic outlook on life summarizes this thought-provoking volume in nine principles which really work, he insists, if put to use to produce a reasonable balance in life and smooth out the most difficult of life adjustments:

1. The recognition and acceptance of struggle between the self and society.

2. The recognition and acceptance of the facts of emotional conflict and of its effects upon the body economy.

3. The willingness to grow with new ideas, new facts, new truths.

4. The promotion of more effective individual, family, community, state, and national relations.

5. The willingness to work together, as a team.

6. The willingness not only to be led, but to lead when necessary.

7. The recognition of the need for purpose and goal in our vocational lives.

8. The willingness and ability to play.

9. The development of the faith in mankind that is basic in a functional religion.

These propositions are not left as mere dogmas; each of them has been developed constructively, interestingly, and forcefully. The book would be an excellent gift for any thoughtful young man or young woman facing life; and parents and grandparents should certainly read it thoroughly before they pass it on!

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HELP YOUR HUSBAND STAY ALIVE! by Hannah Lees. Pp. 242 (no index), price $3.75 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1957.

This valuable book is already so widely known to the public, through the *Readers' Digest* and through serial publication in daily papers, that it needs little further notice. The author, married for 25 years and the mother of two children, "lays it on the line" for her sex in a way that would have brought screams of indignation from the feminists, if the book had been written by a man. It is a volume that every husband could well afford to give to his wife for a birthday present!

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WOMANPOWER, by the Natl. Manpower Council. Pp. 372, price $5 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1957.

In 1951 the National Manpower Council was set up at Columbia University, under a grant from the Ford Foundation, to study significant manpower problems and to contribute to the conservation and wise use of the nation's human resources. This book represents the third of its published studies, and considers almost every aspect of the work of women, including their education for this purpose, their contribution to the armed services, and public policy issues growing out of their participation in business, industry, and elsewhere outside the home. Some 28,000,000 women work during the course of a year. Three out of every 10 married women are now gainfully employed, and nearly two out of every five mothers whose children are of school age are in the labor force. All this has created many new problems, for which there has been no public preparation. Of course the book does not answer all—or any—of the questions raised, but it is worth while to have them stated so clearly. Married women work because they want the money, because they prefer office or other outside work over unpaid household work, because they seek "meaningful activity" after the children need less care, because they want to make full use of their early interests and training, or because they don't want to "waste time." Many of them work to get money to raise their standard of living and "keep up with the Joneses." The mature woman faces particular difficulties: the skills she once had may have rusted; after being her own boss for many years she may be doubtful about her willingness to fall into line, taking orders from a younger woman; she will probably have at least secret fears that she will neglect her husband and children. She needs counseling, but doesn't know how or where to find it, even if it is available in the community. Such considerations demand some clarification of

public opinion and radical changes in the "atmosphere" of the educational system. The book gives little attention to a problem which many women think paramount—the provision of part-time jobs for the married woman. There is also the care of small children while the mother works,—a bitterly controversial question in some states. During World War II the federal government made funds available to care for 29,000 children in school age centers, another 26,000 in combined nursery and school-age centers, and 81,000 in nursery schools. It has appropriated no money for this purpose since 1946. At present only three states (New York, Massachusetts, and California) provide state funds to care, at the taxpayers' expense, for small children whose mothers must or will leave them while they work during the day.

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EXPECTANT MOTHERHOOD, by Nicholas J. Eastman. Pp. 198, price $1.75 from Little, Brown, and Co., 34 Beacon st., Boston 6, Mass., 1957.

Third edition of a standard handbook by one of the nation's outstanding obstetricians, professor in Johns Hopkins University. Its first publication was in 1940. Readers interested in "natural childbirth" will consider the author's brief remarks about it not merely inadequate but misleading.

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LOOK BETTER, FEEL BETTER, by Bess M. Mensendieck. Pp. 276 (no index), price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1954.

Dr. Mensendieck is author of a "system" of functional exercise "for a more youthful body and increased vitality." It has had a vogue on the continent, where there are more than 60 Mensendieck Institutes. The book is simply written, detailed, and illustrated.

THE SEXUAL RESPONSIBILITY OF WOMAN, by Maxine Davis. Pp. 299 (no index), price $4 from the Dial Press, 461 Fourth ave., New York, 16, N.Y., 1956.

"Woman has come of age," says Maxine Davis. "But at no time during her formal or informal upbringing has she been impressed with the fact that marriage is a realm in which she has profound personal sexual responsibility." If not, she has not read very widely! This has been the theme of hundreds of writers during the last half century. But Miss Davis (in private life Mrs. James Marshall McHugh), a writer on medical topics, has gone into the subject more fully than any predecessor, with a great wealth of information of all kinds. In the light of the book's title she can not be blamed for emphasizing the sexual aspect of marriage, but she overdoes it with such sweeping statements as "If . . . the marital relationship was never satisfactory, the marriage has nothing to hold it together in heavy weather." Any well-informed student knows that there are plenty of marriages of that sort that do hold together. Again, speaking of the wife's orgasm: "This mutual satisfaction is the only criterion of sexually happy marriage." Perhaps this is semantic problem—but hundreds of thousands of wives would refuse to accept her verdict. At times she is too poetic: "Woman is the matrix into which the precious metal of life is poured and man is the positive force from which that metal flows." There are many minor errors, some of them no doubt due merely to carelessness as when *Mittelschmerz* is translated as "middle stain" instead of "middle pain." But when she says that vaginismus "is easily curable, for the doctor can snip the muscles" — she simply does not know

what she is talking about! The chapters on pre-marital examination, and on the wedding night, might frighten innumerable sensitive girls—but they are probably not the ones who will read the book. On the whole, it is a useful book which should be valuable particularly to many wives who are overly inhibited as a result of their sexual miseducation and the attitudes of their mothers.

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LOVE AND FULFILMENT IN WOMEN, by Noel Lamare. Pp. 179, price $3.50 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1957.

This book, translated from the French edition of 1953, is the kind of book that America can get along wonderfully well without. It is largely a rehash of older European works (including Vandervelde), mixing pedantry and over-technical material with a sort of pseudo-sentimentality, e.g., the hymen "throws an immaculate veil over an as yet unviolated intimacy." It contains many statements quite inaccurate as regards women on this continent and almost certainly in Europe as well, e.g., "it is only gradually . . . generally between 30 and 40 years of age" that woman attains orgasm (Kinsey's figures show 49% of all wives attaining it within the first month of marriage), or the unsupported statement that from 60 to 75% of all women are frigid. Dr. Lamare's general purpose is to emphasize the difference between the whole personality of the male and of the female, and to urge upon men the necessity of being intelligent and considerate lovers. But he becomes almost neurotic in discussing the subject interminably—so much so that many sensitive persons, of both sexes, might conclude marriage was too dangerous an adventure to attempt.

STAY ALIVE ALL YOUR LIFE, by Norman Vincent Peale.Pp. 300 (no index), price $3.95 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1957.

Dr. Peale's "message" has by this time become well known in North America. It has been criticized from many sides, for serious or trivial inadequacies, but the popularity of his writings is evidence that many persons find them helpful. In this new book he puts emphasis on faith, but makes it clear that the achievement of lasting fulfilment is essentially an active process. Almost every page contains pertinent illustrations and interesting anecdotes, which tempt browsing. It will undoubtedly find an immense circle of readers.

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THE FAMILY AND MENTAL ILLNESS, by Samuel Southard. Pp. 96 (no index), price $1.50 from the Westminster Press, Witherspoon bldg., Philadelphia 7, Pa., 1957.

Suggestions on how to recognize mental illness, where to get help, how to cooperate with the experts and build family morale, how to derive spiritual strength from the experience, and practical ideas on helping the patient to readjust to home and community afterward. Dr. Southard is professor of pastoral care, Institute of Religion, Texas Medical Center, Houston.

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BOYS enrolled in high school homemaking classes in the U.S. have more than doubled in number during the past 10 years.

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MENTAL ILLNESS, a guide for the family, by Edith M. Stern. Pp. 96, price 50c from Natl. Assn. for Mental Health, 10 Columbus Circle, New York 19, N.Y. —Revised edition of a book first published in 1942.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

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